

# **GOODSPORTS** USA

**2011 - 2012**

**FALL - WINTER - SPRING**

# **PROGRAM GUIDE**

**CLINICS • LEAGUES • PARTIES & MORE!!!**



**10 acres of fun!**



**732-681-8898**

**[www.goodsportsusa.com](http://www.goodsportsusa.com)**



**BOOK TODAY &  
PICK UP YOUR INVITATIONS**

**[www.goodsportsusa.com](http://www.goodsportsusa.com)**

**FUN, EXCITING  
HASSLE FREE**

**ALL YOU CAN  
EAT PIZZA  
& SODA!**

**SPORTS**

Soccer • Kickball • Dodgeball • Hockey  
Flag Football • Relay Races • Softball • T-ball • Baseball

1st Hour is ALL SPORTS FUN • 1/2 Hour Party Room  
Includes: Paper Goods, Invitations, Sports, Clean Up & Supervision!

*Just bring the Birthday Cake & Goodie Bags!!*

**2903 Hwy. 138 • Wall • 732-681-8898**

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**To register or for more information**  
**Call 732-681-8898 or visit us online at**  
**[www.goodsportsusa.com](http://www.goodsportsusa.com)**

# HOMESCHOOL GYM CLASSES



## **FACILITY HIGHLIGHTS:**

- 10 acres of indoor & outdoor fun
- Safe and fun environment
- Friendly and professional staff
- Indoor climate controlled facility



## **EVERY TUESDAY FROM 11:00 A.M. TO 1:00 P.M. 8 WEEK SESSIONS**

SESSION 1 – 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/22

SESSION 2 – 11/29, 12/6, 12/13, 12/20, 1/3, 1/10, 1/17, 1/24 \*NO SESSION 12/27

SESSION 3 – 1/31, 2/7, 2/14, 2/21, 2/28, 3/6, 3/13, 3/20

SESSION 4 – 3/27, 4/3, 4/10, 4/17, 4/24, 5/1, 5/8, 5/15

*focus: for children to become  
more physically fit & meet new friends*

**Ages** Children 5 to 17 years old - split into groups by age  
5-7 years old; 8-9 years old; 10-12 years old; 13 and up  
All groups are co-ed, Groups limited to the first 20 children

**Fees** First Child \$72, 2nd sibling \$52, 3rd sibling \$32  
FAMILY CAP \$156.00 for each 8 week sessions

### **Highlights**

- Non-competitive sports fun with structure and instruction
- Four different “fun” sports each day: volleyball, flag football, soccer, soft hockey, kickball, dodgeball, baseball
- Each sport is a 1/2 hour: first 10 min. of instruction, next 20 min. of play
- Children “switch” to the next sport each 30 minute interval
- One or two instructors for each sport
- Open Snack Bar for food and drinks - optional brown bag lunch

*Register at Goodsports today! Register by mail, walk-in, or phone.  
Do not use enclosed registration forms for this gym class.*

## **HOMESCHOOL ASPIRING ARTISTS™ PAINTING CLASSES**

We are offering a program called  
*A Child's Journey through Art History™*  
to students ages 5-15 at GoodSports USA!

(The Tuesday session dates correspond with the GoodSports gym classes)

Registration for art is separate from gym classes.

You must mail to Aspiring Artists directly.

For more information contact [debra@aspiringartists.net](mailto:debra@aspiringartists.net)



# CHILDREN'S SPORTS THEME BIRTHDAY PARTIES!

- \* **HASSLE FREE!**
- \* **NO WORK!**
- \* **NO MESS!**

## Package Includes:

- \* Choice of two Sports for 1 hour
- \* All-You-Can-Eat Pizza Party for 1/2 hour
- \* All paper goods supplied including invitations!
- \* All sports equipment supplied (except baseball gloves)

## RESERVE YOUR PARTY TODAY! 732-681-8898

- \* Just stop in with a \$100 deposit & pick up your invites
- \* All you have to bring is the cake & goodie bags!

## FUN, UNIQUE PARTY EXPERIENCE! TRAINED PARTY STAFF!

### SPORTS PARTIES

*Choose your sports...*

*Play hard & Party hard!*

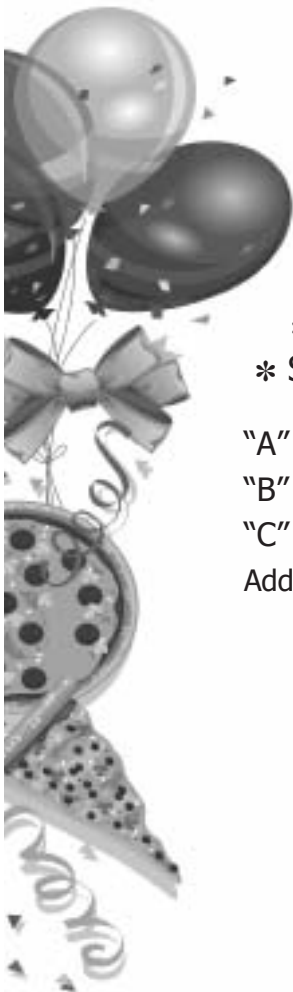
- \* SOCCER \* FLAG FOOTBALL
- \* KICKBALL \* RELAY RACES
- \* T-BALL \* BASEBALL \* SOFTBALL
- \* SOFT HOCKEY \* DODGE BALL

"A" Package: up to 10 children	\$250
"B" Package: 11-20 children	\$375
"C" Package: 25-35 children	\$450
Additional Guests (B & C only)	\$15 per child

We now offer...

  
**Applebee's**

**new party menu choices  
for your adult guests!**



# ADULT SOCCER LEAGUES

**REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.**  
732-681-8898    [www.goodsportsusa.com](http://www.goodsportsusa.com)

## **LEAGUE HIGHLIGHTS**

- Adult League Players must be 18 and older
- ALL TEAMS GUARANTEED 10 GAMES!
- Standings & Schedules Posted on our website
- Multiple Divisions for Competitive Games
- Teams must wear matching colored shirts - *shirts not supplied*

**GOODSPORTS INK OFFERS GREAT DEALS ON  
T-SHIRTS & TEAM UNIFORMS CALL 732-681-8898 ASK FOR STEVE TUNIS!**

### **FIRST PLACE**

trophy & a \$200 certificate towards the next season!

### **SECOND PLACE**

\$100 certificate towards the next season!

## **ADULT CO-ED SOCCER LEAGUE**

*"On The New Indoor Turf Field"*

**DATES:** Fall: Starts September 18th  
Winter: Starts December 2nd  
Spring: Starts February 26th

### **DAY/TIME:**

Fall: Sundays 6:00 PM - 11:00 PM  
Winter: Fridays 7:30 PM - 10:30 PM  
Spring: Sundays 6:00 PM - 11:00 PM

**AGE/GENDER:** Men & Women 18 and older

**FEE:** Fall: \$1,095 per team + \$20 ref fee per game  
Winter: \$1,295 per team + \$20 ref fee per game  
Spring: \$1,295 per team + \$20 ref fee per game

### **LEAGUE DETAILS:**

- Games played 6v6 (5 field players + goalie)
- 2 of 6 players must be female on the field
- Games are 47 minutes running time
- Individual players will be put on a team
- Call Matt Panetta to be placed on a free agent list



# ADULT SOCCER LEAGUES

REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.  
732-681-8898    www.goodsportsusa.com

## **MEN'S OPEN 6V6 LEAGUE**

*"On The New Indoor Turf Field"*

**DATES:** Fall: Starts September 13th  
Winter: Starts December 4th  
Spring: Starts March 6th

**TIME:** 8:00-11:30pm

**DAY:** Fall: Tuesdays  
Winter: Sundays (with overflow on Tuesdays)  
Spring: Tuesdays

**AGES:** 18 and older

**FEE:** Fall \$1,195 +\$20 Ref Fee (cash each game)  
Winter \$1,395 +\$20 Ref Fee (cash each game)  
Spring \$1,395 +\$20 Ref Fee (cash each game)

## **MEN'S OPEN 7V7 LEAGUE**

*"In The Bubble"*

**DATES:** Fall: Starts September 14th & 15th  
Winter: Starts November 30th & December 1st  
Spring: Starts February 29th & March 1st

**DAY/TIME:** Wed. w/overflow on Thurs. • 6:30pm-11:30pm

**AGES:** 18 and older

**FEE:** Fall \$1,295 +\$20 Ref Fee (cash each game)  
Winter \$1,495 +\$20 Ref Fee (cash each game)  
Spring \$1,495 +\$20 Ref Fee (cash each game)



# ADULT SOCCER LEAGUES

REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.

732-681-8898 www.goodsportsusa.com

## MEN'S OVER 30 - 7V7 LEAGUE

*"In the Bubble"*

**DATES:** Fall: Starts September 13th & 15th  
Winter: Starts Nov. 29th & Dec. 1st  
Spring: Starts February 28th & March 1st

**DAYS/TIMES:** Tues. w/ overflow on Thurs. • 6:30pm-11:30pm

**AGES:** Men Over 30 (Goalie can be under 30)

**FEE:** Fall \$1,295 +\$20 Ref Fee (cash each game)  
Winter \$1,495 +\$20 Ref Fee (cash each game)  
Spring \$1,495 +\$20 Ref Fee (cash each game)

## WOMEN'S 7V7 LEAGUE

*"On The New Indoor Turf Field"*

**DATES:** Fall: Starts September 7th  
Winter: Starts November 30th  
Spring: Starts February 29th

**DAY/TIMES:** Wednesdays • 6:30pm-10:40pm

**AGES:** 18 and older

**FEE:** Fall \$1,195 + \$20 Ref Fee (cash each game)  
Winter \$1,395 + \$20 Ref Fee (cash each game)  
Spring \$1,395 + \$20 Ref Fee (cash each game)

## "DRAFT LEAGUE" MEN'S OVER 40 6V6

**DATES:** Fall: Starts September 19th  
Winter: Starts December 4th & 5th  
Spring: Starts March 12th

**DAY/TIME:**

Fall: Monday 6:00 PM - 9:00 PM  
Winter: Sundays 8:00 PM - 11:30 PM (with overflow on Mondays)  
Spring: Monday 6:00 PM - 9:00 PM

**AGES:** 40 and over

\*Goalies of ALL ages welcome & only pay 1/2 price

**FEE:** \$100 per player + Ref Fees (T.B.D.)

**LEAGUE DETAILS:**

- Played on the indoor turf field 6v6
- Guaranteed 10 games
- Teams will be formed by league director to ensure competitive games
- FREE team shirts

**NEW  
LEAGUE**



# HIGH SCHOOL SOCCER LEAGUES

REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.  
732-681-8898 www.goodsportsusa.com

## LEAGUE HIGHLIGHTS

- Teams play 47 minute games w/ running time
- Standings & Schedules Posted on our Website
- All teams need an adult coach at all games
- All League fees **MUST** be paid in full before 1st game
- Teams must wear matching colored shirts! (or they will not play)  
(Please note: GoodSports does NOT supply this shirt)



**GOODSPORTS INK OFFERS GREAT DEALS ON**

**T-SHIRTS & TEAM UNIFORMS CALL 732-681-8898 ASK FOR STEVE TUNIS!**

## **BOY'S LEAGUES 7V7**

### BOYS HIGHLIGHTS:

- League 7v7 (6 field players + goalie)
- Played in the bubble
- Guaranteed 10 games
- **Extended Winter Season (with byes) Runs Throughout the Winter from December to Early March**

**DATES:** Varsity: Starts November 28th, 29th, 30th  
JV: Starts November 30th & December 1st

**DAYS/TIMES:** Varsity: Mon., Tues., Wed. • 4:00pm-7:00pm  
JV: Thurs. (w/ overflow Wed.) • 4:00pm-7:00pm

**FEE:** JV & Varsity \$1,700 per team +\$20 Ref Fee (cash each game)

## **GIRL'S LEAGUES 6V6**

### GIRLS HIGHLIGHTS:

- Played on the new indoor turf field
- League 6v6 (5 field players + goalie)
- Guaranteed 7 games (No games 12/24 or 12/31)

**DATES:** Starts December 3rd

**DAYS:** Saturday Mornings  
(with overflow on Sunday mornings)

**TIMES:** 8:00am-11:30am

**FEE:** \$1,100 per team  
+ \$20 Ref fee cash each game



**\*\*Limited Spots Available\*\***

# SOCCER CLINICS

REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.

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## YOUTH INSTRUCTIONAL

**DATES:** 7 Week Sessions

Fall: October 7th - November 18th

Winter 1: December 2nd - January 13th

Winter 2: January 20th - March 2nd

Spring: March 9th - April 27th (\*No session 4/6)

**FREE  
SHIRT**



**TIMES/AGES:** Boys and Girls - Beginner Level

Fridays - 4:00-5:00pm - 4-6 Year Olds

Fridays - 5:00-6:00pm - 7-10 Year Olds

**FEE:** \$135 per player \*Sibling discount 10% off 2nd child\*

**4-6 YEAR OLDS** - Entry level technical skill development with focus on passing, receiving, shooting and dribbling.

**7-10 YEAR OLDS** - Taking your technical & tactical skill to the next level with emphasis on fundamentals of the game.

## WINTER SOCCER ACADEMY

**DATES:** Two 7 Week Sessions

Session I: December 2nd - January 13th

Session 2: January 20th - March 2nd

**MUST  
WEAR FLATS**

**FREE  
SHIRT**

**DAY/TIMES:** Friday • 4:00pm-6:00pm

**AGES/LEVEL:** 8-12 Year Old Boys & Girls

Travel level players ONLY • Groups will be formed by age/skill level

**FEE:** \$250 per player/per session

\* 10% OFF for siblings or 10% OFF for registering for both sessions

\* Teams get 10% OFF groups of 8 or more (all reg. MUST be submitted together)



Mike Turtle, Owner SST



Ed Hayden, Trainer



Mark Levy, Trainer

### COACHES:

**Mike Turtle**

Nationally Licensed Coach,  
Former Pro Player

**Mark Levy**

Manasquan HS Boys Varsity Coach

**Ed Hayden** Former Pro

Player, All-American from  
Monmouth University

### ACADEMY HIGHLIGHTS:

• **Players will rotate through multiple stations:**

Station 1: SST soccer instruction on turf field

Station 2: shooting and finishing on turf field

Station 3: individual "futsal" foot skill training on futsal arena **NO CLEATS**

- Specifically designed for Traveling Teams & Players ONLY
- Our "Total Soccer Training" will take your player to the next level!
- Expect High level competition and top notch trainers
- Low camper to instructor ratio of 10:1

**"Perfect for individual skill development with the best trainers at the shore, at the nicest facility in the state!"**

# RECREATION SOCCER LEAGUE

**REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.**  
732-681-8898      www.goodsportsusa.com

## **LEAGUE HIGHLIGHTS:**

- Team Shirts & Participation Awards for Each Player
- Games are 40 minutes each with two 20 minute halves
- Sign up as a team, with friends, or as an individual!
- Non-Competitive league NO MOSA or Jersey Coast players!
- 6V6 (5 players + goalie) older players
- 7v7 (6 player + goalie) younger players
- No off-sides
- Fast paced action
- Lots of touches on the ball!
- No standings or playoffs
- A non-competitive league - Just fun!
- Teams down by more than 4 goals are allowed an extra player on the field!



**DATES:** WINTER LEAGUE - 8 GAME SEASON

**BOYS** Groups: 1/7, 1/21, 2/4, 2/18, 3/3, 3/17, 3/31, 4/14

**GIRLS** Groups: 1/14, 1/28, 2/11, 2/25, 3/10, 3/24, 4/21, 4/28 (\*No game 4/7)

**DAY/TIMES:** Every other Saturday • Game times between 4-8 pm

**AGES:** Kindergarten to 6th Grade - Boys & Girls

**FEE:** \$100 per player \*Sibling Discounts - \$10 Off 2nd child\*

**WHOLE TEAMS MUST SUBMIT ALL FORMS AND PAYMENTS TOGETHER**

<b>BOY'S KIND &amp; 1ST</b>	<b>GIRL'S KIND &amp; 1ST</b>
<b>BOY'S 2ND GRADE</b>	<b>GIRL'S 2ND GRADE</b>
<b>BOY'S 3RD GRADE</b>	<b>GIRL'S 3RD GRADE</b>
<b>BOY'S 4TH GRADE</b>	<b>GIRL'S 4TH GRADE</b>
<b>BOY'S 5TH/6TH GRADE</b>	<b>GIRL'S 5TH/6TH GRADE</b>

## **AGE GROUPS/DIVISIONS - TEAMS ORGANIZED BY GRADE LEVELS & GENDER - NO EXCEPTIONS**

- Team's age group/divisions based on the oldest players on it's roster
- We make every effort to make all divisions and teams evenly balanced
- Leagues may have co-ed divisions based on enrollment  
(CO-ED teams play the boys division)
- Team/Groups with less than 10 players may have additional players added

**GOODSPORTS RESERVES THE RIGHT TO ADJUST  
ANY AGE GROUPS OR START DATES/TIMES**

# SEMI-PRIVATE SOCCER TRAINING WITH **SST** TRAINERS

REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.  
732-681-8898    [www.goodsportsusa.com](http://www.goodsportsusa.com)



**Soccer Specific Training** assists with the development of youth players age 8 to 18. Our aim is to have each player as comfortable as possible with a soccer ball at their feet, using the most specific & innovative coaching techniques in the game today.



Mike Turtle, Owner SST    Ed Hayden, Trainer

**Mike Turtle:** Former Pro-Player, USSF B Lic., NSCAA Premier Lic., NSCAA National Diploma, NSCAA Reg. staff member, English FA Certified, Rider University Mens Asst. Coach, Head Dev. Trainer Wall Soccer Club

**Ed Hayden:** Licensed Coach, Former Pro-player, Former All-American at Monmouth University.

[www.soccerspecifictraining.com](http://www.soccerspecifictraining.com)

**SEMI-PRIVATE TRAINING HIGHLIGHTS:** The Semi-Private Soccer Training sessions are designed for the most serious & dedicated player. There will be an intense session of training specifically designed to improve all aspects of your game within your own age group and competitive level. The low player to coach ratio (1:9) will allow more of a personal training. Focus on technical training combined with small sided games.

**FEE:** \$225 per player/per session  
**7 weeks - 1 hour sessions**

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**MONDAY:** (\*No training on 12/26)

SESSION 1: 11/28, 12/5, 12/12, 12/19, 1/2, 1/9, 1/16 \*

SESSION 2: 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/5

**U10-U12 6PM • U13-U14 7PM • U15-U17 8PM**

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**TUESDAY:** (\*No training on 12/27)

SESSION 1: 11/29, 12/6, 12/13, 12/20, 1/3, 1/10, 1/17 \*

SESSION 2: 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/6

**U9-U10 6 PM • U11-U12 7 PM • U13-U14 8 PM**

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**WEDNESDAY:** (\*No training on 12/28)

SESSION 1: 11/30, 12/7, 12/14, 12/21, 1/4, 1/11, 1/18 \*

SESSION 2: 1/25, 2/1, 2/8, 2/15, 2/22, 2/29, 3/7

**U9-U10 6 PM • U11-U12 7 PM • U13-U14 8 PM**

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**SATURDAY:** (\*No training on 12/24 or 12/31)

SESSION 1: 12/3, 12/10, 12/17, 1/7, 1/14, 1/21, 1/28\*

SESSION 2: 2/4, 2/11, 2/18, 2/25, 3/3, 3/10, 3/17

**U9-U10 11 AM • U11-U12 12PM • U13-U14 1PM**

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# 1 DAY SOCCER TOURNAMENTS

REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.  
732-681-8898 www.goodsportsusa.com

## TOURNAMENT HIGHLIGHTS:

- Taking 4 teams in every tournament
- All games are played FULL FIELD on climate controlled turf
- All tournaments are held within a 4 hour time frame
- Only accepting the first 4 registered teams in each tournament
- Teams guaranteed 3 thirty minute games & possible final if you advance
- Great opportunity to prepare for the outdoor spring season
  - Tournaments on indoor turf are 7v7 (6 players + goalie)
  - Tournaments in bubble are 8v8 (7 players + goalie)



*No verbal commitments*

*NEED to pay in full at time of registration  
or leave a minimum \$100 deposit  
with completed registration form.*

**ONLY \$325 A TEAM + \$35 REF FEE FOR ENTIRE TOURNAMENT**

DAY	DATE	TIME FRAME	AGE	GENDER	FIELD
Saturday	1/7	12:30-4:30	U10	Boys	New Turf
Saturday	1/14	12:30-4:30	U10	Girls	New Turf
Saturday	1/21	12:30-4:40	U9	Boys	New Turf
Saturday	1/28	12:30-4:30	U9	Girls	New Turf
Monday (MLK Day)	2/16	8:00-12:00	U17	Boys	Bubble
Monday (MLK Day)	2/16	12:00-4:00	U17	Girls	Bubble
Monday (Pres. Day)	2/20	8:00-12:00	U14	Boys	Bubble
Monday (Pres. Day)	2/20	12:00-4:00	U14	Girls	Bubble
Saturday	3/3	5:00-9:00	U13	Boys	Bubble
Sunday	3/4	5:00-9:00	U13	Girls	Bubble
Saturday	3/10	5:00-9:00	U12	Boys	Bubble
Sunday	3/11	5:00-9:00	U12	Girls	Bubble
Sunday	3/11	3:30-7:30	U8	Boys	New Turf
Saturday	3/17	5:00-9:00	U11	Boys	Bubble
Sunday	3/18	3:30-7:30	U8	Girls	New Turf
Sunday	3/18	5:00-9:00	U11	Girls	Bubble
Saturday	3/24	5:00-9:00	U13	Boys	Bubble
Sunday	3/25	5:00-9:00	U13	Girls	Bubble

# 5V5 YOUTH TRAVEL LEAGUES

REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.  
732-681-8898 www.goodsportsusa.com



## **SESSION I** 7 GAMES

**BOYS & GIRLS: SUNDAYS - 8 am to 2 pm**

12/4, 12/11, 12/18, 1/8, 1/15, 1/22, 1/29 \*NO GAMES 12/25 OR 1/1

## **SESSION II** 7 GAMES

**GIRLS: SATURDAYS - 8 am to 4 pm**

2/4, 2/11, 2/18, 2/25, 3/3, 3/10, 3/17

**BOYS: SUNDAYS - 8 am to 4 pm**

2/5, 2/12, 2/19, 2/26, 3/4, 3/11, 3/18

**AGES:** U8 - U14 - Boys & Girls

**FEE:** Session I \$595 + \$15 ref fee

Session II \$795 + \$15 ref fee

\* Session II fees MUST be paid in full by 12/31



### **HIGHLIGHTS:**

- Leagues are 5v5 (four and a goalie)
- Maximum roster of 15 players
- Small sided games for teams to improve technically & tactically
- 40 minute games - two 20 minute halves
- More touches on the ball for quicker decisions
- Professionally managed leagues
- Schedules & standings on our website
- Teams must wear matching colored shirts - *shirts are not supplied*

**\*\* TEAM DISCOUNTS \*\***

**SAVE \$100 IF...** your team registers & pays in full for BOTH sessions

**OR...** if your team splits in two for Session I Only

**Split your team into two groups and we will schedule their games back to back!**

**Get your players more game time and SAVE money!**

**GOODSPORTS INK OFFERS GREAT DEALS ON**

**T-SHIRTS & TEAM UNIFORMS CALL 732-681-8898 ASK FOR STEVE TUNIS!**

# WINTER BREAK "GO FOR THE GOAL"

## STRIKERS & GOALKEEPERS CLINIC

**REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.**

732-681-8898    www.goodsportsusa.com

**DATES: WINTER BREAK** - December 27th, 28th, 29th

**DAYS/TIMES:** Tuesday, Wednesday, Thursday • 9:00am-12:00pm

**AGES:** Boys & Girls • 8-15 Year Olds

**FEE:** \$150 per player

**COACHES:** Mike Turtle & Ed Hayden from SST soccer training, and Jim Keady from GK1 Goalie School along with college players & coaches

### STRIKERS

#### **HIGHLIGHTS:**

- Ingredients of successful 1v1 play
- Improving chances on breakaways
- Scoring off set pieces
- Combination play inside attacking
- Small sided games for finishing
- Exercise to add velocity to your shot
- Striking a ball from long distance
- Shooting under pressure

### GOALKEEPING

#### **HIGHLIGHTS:**

- Challenging the shooter
- Distribution & Positioning
- Cutting down the angles
- Proper Stance & Catching
- Save
- Shot Blocking Techniques

**TAKING 1ST 40 FIELD PLAYERS & 1ST 10 GOALIES  
ALL PARTICIPANTS RECEIVE A FREE CAMP T-SHIRT!**

## ADULT FUTSAL LEAGUES

**REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.**

732-681-8898    www.goodsportsusa.com

### **LEAGUE HIGHLIGHTS:**

- Creatively & technically master the basic skills of: dribbling, passing, receiving, and shooting
- Develop great skills and added confidence to take on the field
- State-of-the-art Matéflex flooring field 75' x 130'
- Played With Regulation Futsal Ball
- Professionally Organized League
- Schedule + Standings Posted Weekly on Website
- League Playoffs
- Games are 5v5 (4 Field Players + Goalie)
- Games Consist of Two 20 Minute Halves - Guaranteed 10 Games
- Scorekeeper & Scoreclock During Game
- Awards & discounted certificates for next season



**DATES:** Fall: Starts September 17th

Winter: Starts December 3rd \*No games 12/24 or 12/31

Spring: Starts February 25th

**DAY/TIME:** Saturdays • 6:00 PM - 11:30 PM

**AGE/GENDER:** 18 years and older (Minors need parental consent)

**FEE:** \$695 per team + \$15 cash ref fee per game

# FIELD HOCKEY

REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.  
732-681-8898      www.goodsportsusa.com

ALL GOODSPTS FIELD HOCKEY CLINICS ARE RUN BY:

## JERSEY INTENSITY

JERSEY INTENSITY STAFF CONSISTS OF:  
HIGH LEVEL COACHES & ALL AMERICAN PLAYERS

### GOAL KEEPING & SHOOTING CLINIC

**DATES:** December 27th, 28th, 29th - *WINTER BREAK CLINIC*

**DAY/TIME:** Tuesday, Wednesday, Thursday • 12:30pm-3:30pm

**AGES:** 6th-12th Grade

**FEE:** \$150 per player

#### **CLINIC HIGHLIGHTS:**

- Specialty camp for goalkeepers and field players
- Players and keepers are grouped according to age and ability
- Goalkeepers work on beginner or advanced techniques and decision making skills
- Field players work on creating scoring opportunities & learn a variety of shots on goal
- Penalty corner options for goalkeepers & attacking players
- Played on beautiful climate controlled indoor turf field

### SEMI-PRIVATE TRAINING

#### **TRAINING HIGHLIGHTS:**

- Training with Jersey Intensity Field Hockey
- Low player to instructor ratio
- Geared for the serious and dedicated player
- Sessions cover all aspects of the game
- Very personal training environment
- 6 Week Sessions/1 hour per week
- Field players only - No Goalies



**FEE:** \$225 per player/per session (6 weeks)

**DATES:** THURSDAYS \*No session 12/29

Session I: 12/1, 12/8, 12/15, 12/22, 1/5, 1/12 \*

Session II: 1/19, 1/26, 2/2, 2/9, 2/16, 2/23

**AGES/TIMES:** 6:00 - 7:00pm - Grades 6-8

7:00 - 8:00pm - Grades 6-8

8:00 - 9:00pm - Grades 9-12

# FIELD HOCKEY LEAGUES

REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.  
732-681-8898 www.goodsportsusa.com

## HIGH SCHOOL FIELD HOCKEY LEAGUE

"On New Indoor Turf Field"

### LEAGUE HIGHLIGHTS:

#### **Extended Winter Season (with byes) Ends Early March!**

- All teams guaranteed 10 games
- Varsity & Junior-Varsity Divisions
- Games are 47 minutes with running time
- All teams need an adult coach at all games
- Teams must wear matching colored shirts - *shirts are not supplied*

**DATES:** Starts November 29th & 30th

**DAYS/TIMES:** Tuesday & Wednesday Evenings • 4:00pm-7:00pm

**AGES:** High School Girls

**FEE:** Winter \$1,700 + \$20 Ref Fee (cash each game)

## WOMENS OPEN FIELD HOCKEY LEAGUE

### LEAGUE HIGHLIGHTS:

- Played on beautiful indoor turf field
- Certified referee at every game
- Guaranteed 10 games
- Games are 47 minute running time
- League standings posted weekly
- Champions win a trophy & \$200 certificate off next league fee
- Teams must provide own goalie & equipment
- Teams must wear matching color shirts (not supplied by league)



**FEE:** \$125 per player + Ref Fee T.B.D.

\*Teams must have a min. of 10 players and pay \$20 ref fee each game

**DAYS:** Thursdays

**TIMES:** 7:00PM - 10:30PM

**DATES:** (10 GAME SEASON)

Fall: Starts September 8th

Winter: Starts December 1st

Spring: Starts February 23rd

**GOODSPORTS INK OFFERS GREAT DEALS ON T-SHIRTS & TEAM UNIFORMS CALL 732-681-8898 ASK FOR STEVE TUNIS.**



# ADULT LACROSSE

REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.

732-681-8898      www.goodsportsusa.com

## MEN'S & WOMEN'S LACROSSE OPEN TIME

### MONDAY NIGHT "OPEN TIME"



**TIMES:**

Women 8:45 - 9:45 PM

Men 9:45 - 10:45 PM

**DATES:**

FALL: Sept. 12th - Nov. 14th

SPRING: March 12th - May 14th

**AGES:** Men & Women 18+ years old

**FEE:** ONLY \$10 cash per night, per player \*  
or pay \$80 up front for all 10 weeks (\$20 Savings)

**HIGHLIGHTS:**

- Beautiful indoor turf field
- Climate controlled facility
- Locker rooms on-site

\* **GOALIES PAY 1/2 PRICE**



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# HIGH SCHOOL LACROSSE LEAGUES

**REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.**  
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## **LEAGUE HIGHLIGHTS:**

- League has Varsity & JV Divisions
- All Teams Guaranteed 10 Games!
- Regular HS Rules apply (not box lacrosse)
- All teams need an adult coach at all games
- Jerseys are supplied for players
- Teams must wear league jerseys to every game



## **BOY'S LEAGUES**

**DATES:**    Fall: Starts September 24th  
                  Winter: Starts December 3rd & 4th

**DAYS/TIMES:** Saturday • 2:00pm-10:30pm  
                          Sunday • 2:00pm - 9:30pm

**FEE:**    Fall \$1,800 per team +\$40 Ref Fee (cash each game)  
              Winter \$2,300 per team +\$40 Ref Fee (cash each game)

## **HIGHLIGHTS:**

- Played in the bubble
- 8v8 games (2,3,2 formation)
- Games are 45 minutes with running time

## **GIRL'S LEAGUES**

**DATES:**    Winter: Starts Nov. 30th & Dec. 1st (10 games)

**DAYS:**    Winter: Wednesdays & Thursdays • 4:00pm-6:30pm

**FEE:**    Winter- \$1,700 per team +\$20 Ref Fee (cash each game)

## **HIGHLIGHTS:**

**Extended Winter Season (with byes)**

**Runs Throughout the Winter from Dec. until Early March!**

- Played on the new indoor turf field
- 7v7 Games
- Games are 47 minutes with running time

# HIGH SCHOOL LACROSSE LEAGUES

REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.  
732-681-8898 www.goodsportsusa.com

## BOY'S HIGH SCHOOL BOX LACROSSE

**DATES:** Fall: Starts Oct. 3rd (8 Weeks)  
Winter 1: Starts Dec. 5th (6 Weeks)  
Winter 2: Starts Jan. 23rd (6 Weeks)

**NEW  
LEAGUE**

**DAYS/TIMES:** Mondays • 6:00pm-9:00pm

**FEE:** \*Ref Fee is \$40 per team per game - individual fees T.B.D.

**FALL** \$90 per player + Ref Fee

*\$20 discount if you play in Fall 8 on 8 Field League*

**WINTER 1** \$80 per player + Ref Fee

*\$20 discount if you play in Winter 8 on 8 Field League*

**WINTER 2** \$80 per player + Ref Fee

*\$20 discount if you play in Winter 8 on 8 Field League*

**Goalies** 1/2 Price

### LEAGUE HIGHLIGHTS:

- Games are two 22-1/2 minute halves with running time
- Players from same high schools will be grouped together



**Box lacrosse is  
played on our  
Matéflex flooring  
on the hockey rink**

## What is **BOX LACROSSE??** & why does it improve your field lacrosse game?

**Box lacrosse is different from playing indoor field lacrosse.**

- 5 on 5 play + padded goalie
- 12 players per team
- 4x4 goal (reg. field goal is 6x6)
- More flowing game
- No long poles
- Goalies wear big pads

### **Advantages of box lacrosse over indoor field lacrosse:**

- Smaller goals force players to get closer to net rather than relying on outside shots
- Not having defenders and attack stay back gets you in better shape and makes more well rounded players learning both offensive & defensive skills
- Long poles learn to use feet & body to play defense
- Don't rely solely on stick checks
- Goalies learn to use their body to make more saves
- Learn the use of stick fakes and quick precision passing

**FREE  
JERSEY**

# YOUTH LACROSSE LEAGUES

REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.

732-681-8898 [www.goodsportsusa.com](http://www.goodsportsusa.com)

**LIMITED SPOTS AVAILABLE! SIGN UP TODAY!**

**WHOLE TEAMS MUST SUBMIT ALL FORMS AND PAYMENTS TOGETHER!**

**\* ALL PLAYERS MUST FILL OUT INDIVIDUAL REGISTRATION FORM**

## 5TH/6TH & 7TH/8TH GRADE BOYS LEAGUES

### HIGHLIGHTS:

- Minimum roster of 16 players
- Games played 10v10 (9+goalie) in the bubble
- Guaranteed 10 Games
- Games scheduled on 1 hour time slots
- Games are 50 minutes - two 25 minutes halves

**FREE  
SHIRT**

**FEE:** \*Ref Fee is \$40 per team per game - individual fees T.B.D.

Fall \$100 per player + Ref Fee

Winter \$200 per player + Ref Fee

**FALL SEASON** 10 Games

5th/6th Grade - Sat (8:00am-1:00pm) Starts September 24th

7th/8th Grade - Sat (8:00am-1:00pm) Starts September 24th

**WINTER SEASON** 10 Games

5th/6th Grade - Saturday (8:00am-2:00pm) Starts December 3rd

7th/8th Grade - Friday (6:15pm-10:15pm) Starts December 2nd

Rollover on Saturday

## 6TH-8TH GRADE GIRLS LEAGUES

### HIGHLIGHTS:

- Games played 7v7 (6+goalie) on indoor turf field
- Guaranteed 10 Games
- Games scheduled on 1 hour time slots
- Games 50 Min. (two 25 min halves)

**FREE  
SHIRT**

**DATES:** Fall: Starts September 23th

Winter: Starts December 2nd

**DAY:** Fridays

**TIMES:** Game times between 6:15 and 8:15

**FEE:** Fall: \$100 per player+ \$20 Ref Fee (cash each game per team)

Winter: \$150 per player + \$20 Ref Fee (cash each game per team)

**TEAMS &  
INDIVIDUALS  
WELCOME**



# YOUTH LACROSSE CLINIC

REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.  
732-681-8898    www.goodsportsusa.com

## **FALL YOUTH LACROSSE FUNDAMENTAL CLINIC**

*"In the Bubble"*

### **BOYS & GIRLS LACROSSE CLINIC**

**FUNDamental Lacrosse** is a player development pathway that helps young children get into lacrosse, have fun, learn skills, and develop to their full potential. Our clinics are catered to the beginner level player with instruction focused on scooping, dodging, passing and shooting

#### **CAMP HIGHLIGHTS:**

- Focus on technical skills in small sided games
- Catching, throwing, cradling, shooting & passing
- Skills will be applied in game-like situations
- Girls & Boys play separately
- Players grouped based on age & skill level
- FREE Shirt



**DATES:** 7 week clinic  
10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20

**DAY:** Sundays

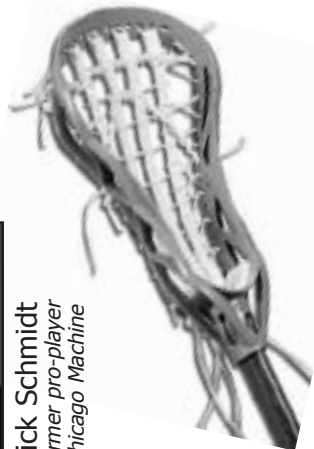
**FEE:** \$150.00 per player  
Fee includes all 7 weeks!

**AGES/TIMES:**  
**Boys 1st-8th Grade**  
9:00am - 10:15am  
\*Equipment needed



-----  
**Girls 2nd-8th Grade**  
10:15am - 11:30am  
\*Goggles & Mouthpiece required

-----  
**Boys & Girls K-4th Grade 'Soft Lacrosse'**  
11:30am - 12:30pm  
\*No equipment needed - just stick & cleats



#### **CLINIC INSTRUCTORS:**

**Nick Schmidt**

**Brian Flynn**

**Katie Batiuk**

and other local coaches



Nick Schmidt  
former pro-player  
Chicago Machine

# LACROSSE CAMP

**REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.**  
732-681-8898      www.goodsportsusa.com

## **PHENOM FALL 2 DAY SHOOTING+GOALIE CAMP**



### **PHENOM CLINIC HIGHLIGHTS:**

- Position specific shooting instruction
- Outside, Crease, Shooting on the run
- Dodging from all angles
- Climate controlled indoor turf field
- **Video analysis for all players reviewed along with our staff**
- Speed and accuracy testing
- Goalie play and communication
- FREE camp T-shirt



**DATES:** November 10th & 11th  
(TEACHERS CONVENTION - ALL SCHOOLS ARE CLOSED)

**DAYS:** Thursday & Friday

### **AGES/TIMES:**

*Players will be divided into groups according to their age & skill level*

#### **Boys 3rd-12th Grade**

9:00am - 12:00pm

\*Full Equipment Required

#### **Girls 3rd-12th Grade**

12:30pm - 3:30pm

\*Goggles & Cleats Required

### **CAMP FEE:**

\$150 per player

Fee includes both days of instruction

### **CAMP STAFF:**

**Nick Schmidt, Director** Former Pro & German World Team Player, Former Assistant Coach Rutgers

**Jason Basso,** Former Rutgers Mens Lacrosse Assistant Coach

**Katie Batiuk,** Rutgers Womens Lacrosse all time leading goal scorer



**SPACE IS LIMITED!!  
SIGN UP TODAY!**

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# LACROSSE CAMP

REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.  
732-681-8898 www.goodsportsusa.com

## PHENOM WINTER LACROSSE SKILL DEVELOPMENT

### Winter Boys and Girls FUNdamental & Position Specific Training Program

Groups will rotate through different stations on different surfaces & work in progression for a variety of instruction.

PRESENTED BY:



#### **CAMP HIGHLIGHTS:**

- 6 week multi-surface training & development program
- Catching, throwing, cradling, shooting & passing
- Skills will be applied in game-like situations
- Players broken into groups based on age & skill level
- Climate controlled lacrosse rink & turf
- FLATS ONLY - NO CLEATS

**ALL LEVELS  
WELCOME**

**DAY:** Mondays

#### **AGES/TIMES:**

**Kindergarten-6th Grade Boys & Girls • 4:00pm - 5:15pm**

FUNdamental beg. level helps children to break into lacrosse, have fun, learn skills & develop to their full potential. NO equipment - just a stick. (Beginner mini-sticks available for purchase 1st day of clinic ONLY \$25)

**5th-12th Grade Boys & Girls • 5:15pm-6:30pm**

Position specific training - Midfield/face-off, attack, defense & goalie

**DATES:** \*NO SESSION 12/26

Winter Session I: 12/5, 12/12, 12/19, 1/2, 1/9, 1/16 \*

Winter Session II: 1/23, 1/30, 2/6, 2/13, 2/20, 2/27

**FEE:** \$175 per player/per session

**\*10% OFF if you sign up for both sessions at time of registration**

**\*10% OFF if 8 or more players from same team register.**

**(Registration and payment MUST be submitted together)**

#### **CAMP STAFF:**

**Director, Nick Schmidt**, Former Pro & German World Team Player, Former Assistant Coach Rutgers

**Katie Batiuk**, Rutgers Womens Lacrosse all time leading goal scorer

# LACROSSE CAMP

REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.  
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## PHENOM WINTER BREAK 'MINI CAMP'

### Boys and Girls Mini Lacrosse Camp

Groups will rotate through different stations on different surfaces & work in progression for a variety of instruction.

PRESENTED BY:



#### **CAMP HIGHLIGHTS:**

- Uses indoor turf & matéflex arena for stations
- Focus on technical skills in small sided games
- Catching, throwing, cradling, shooting, and passing
- Skills will be applied in game-like situations
- Professionally organized & instructed
- Players broken into groups based on age & skill level
- FLATS ONLY - NO CLEATS

**DATES:** December 27th, 28th, 29th  
(HOLIDAY BREAK ALL SCHOOLS ARE CLOSED)

**DAY:** Tuesday, Wednesday, Thursday

#### **TIMES/AGES:**

**9:00-11:00 • Boys & Girls Kindergarten to 4th Grade**

*Soft Lacrosse - No equipment - just a stick*

**11:30-1:30 • Girls 3rd to 12th Grade**

*Goggles & stick required*

**1:30-3:30 • Boys 3rd to 12th Grade**

*Full equipment required*

**FEE:** \$150 per player (2 hours each day)

#### **CAMP STAFF:**

**Nick Schmidt, Director** Former Pro & German World Team Player,  
Former Assistant Coach Rutgers

**Jason Basso,** Former Rutgers Mens Lacrosse Assistant Coach

**Katie Batiuk,** Rutgers Womens Lacrosse all time leading goal scorer

# ROLLER HOCKEY CLINICS

REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.

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## MATÉFLEX FLOORING - CLIMATE CONTROLLED INDOOR RINK

PLAYERS WILL BE DIVIDED INTO GROUPS ACCORDING TO AGE & SKILL LEVEL

**GOALIE:** (Goalies are welcome in both levels)

- Positioning, skating, rebound control, glove side, blocker, side drills,
- Confidence & endurance
- Low player to instructor ratio.

**BASIC SKILLS:** (Beginners)

- Introduce hockey to the beginner player
- Develop an ability to skate and balance while skating
- Improve player's skills such as speed, accuracy and agility
- Intro. advanced skills: passing, shooting, moving with/without puck

**ADVANCED SKILLS:** (Intermediate/Advanced)

- Sharpening the skills learned in the Basic Skills Instructional
- Develop advanced hockey skills: proper techniques for crossover, hockey stop, power turns, backwards crossovers & much more
- Learn strategy & how to incorporate it with these new skills
- Outskate opponents & advance to the next level of hockey.

## YOUTH INSTRUCTIONAL PLAYERS & GOALIES

**DATES:** 7 Week Sessions

Session 1: Sept. 13 to Oct. 25

Session 2: Nov. 1 to Dec. 13

Session 3: Jan. 3 to Feb. 14

Session 4: Feb. 21 to April 3

Session 5: April 10 to May 22

**DAY:** Tuesdays

**TIME:** 4:30 PM - 5:30 PM

**AGES:** 4 to 12 year olds

**FEE:** \$125 per player



# ROLLER HOCKEY LEAGUE

REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.  
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## YOUTH ROLLER HOCKEY DRAFT LEAGUE



**NOW ONLY \$125!**

### ★ DRAFT FORMAT ★

All registered players will be evaluated and broken up into balanced teams. Teams play games every Saturday morning.

### HIGHLIGHTS

- 10 week season - 1st week is evaluation week
- Fee includes practices
- Largest climate controlled rink in area
- All star games
- Ample parking
- Jersey provided - Yours to keep!



**FREE  
HOCKEY  
JERSEY**

### AGE DIVISIONS

MITE 6-9 YEARS

SQUIRT 10-13 YEARS

### AGE CUT OFF

BORN 2002 OR LATER

BORN 1999 OR LATER

**TIMES:** Games between 8:00 AM and 1:00 PM

**DATES:** Fall - September 17th  
Winter - December 3rd  
Spring - February 25th



# ROLLER HOCKEY LEAGUE

**REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.**  
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## **HIGH SCHOOL ROLLER HOCKEY**

*"New State-of-the-Art Matéflex Flooring"*

### **DATES:**

Fall: Starts September 20th  
Winter I: Starts November 29th  
Winter II: Starts February 14th

**DAY:** Tuesdays  
with overflow on Mondays

**TIMES:** 5:30pm - 8:30pm

**AGES:** 8th to 12th grade  
(Must currently be in high school)

\* Leagues will be divided into divisions for even competition if there are enough teams

**FEE:** \$125 per player + ref fee per game (T.B.D.)  
Teams **MUST** have a minimum of 9 players



### **HIGH SCHOOL HOCKEY LEAGUE HIGHLIGHTS:**

- Played 4v4
- **NEW** - Individual stats recorded for all leagues!
- Guaranteed 10 game season
- Climate controlled, regulation size, indoor rink - (No rain outs!)
- Locker Rooms & Concessions On-Site
- Rosters will be locked after 2nd regular season game
- Teams that forfeit **MUST** pay required \$50 fee before next game
- **NO** roster changes allowed unless approved by league director
- Schedule requests must be given to director before schedules made
- No Guarantees can be made for scheduling request
- **MANDATORY** - Teams **MUST** have matching colored jerseys with #s (Jerseys are **NOT** provided by GoodSports)

**GOODSPORTS INK OFFERS GREAT DEALS ON  
T-SHIRTS & TEAM UNIFORMS CALL 732-681-8898 ASK FOR STEVE TUNIS!**



#### ★ **1ST PLACE TEAMS** ★

Trophy and a \$200 certificate for the following season

#### ★ **2ND PLACE TEAMS** ★

Trophy and a \$100 certificate for the following season

# ROLLER HOCKEY LEAGUES

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## MEN'S HOCKEY LEAGUE HIGHLIGHTS:

- **NEW** - Individual stats recorded for all leagues!
- New State-of-the-Art Matéflex Flooring
- Guaranteed 10 game season
- Climate controlled, regulation size, indoor rink - (No rain outs!)
- Competitive Leagues
- Rosters will be locked after 2nd regular season game
- Teams that forfeit **MUST** pay required \$50 fee before next game
- NO roster changes allowed unless approved by league director
- Requests must be given to director before schedules are made
- No Guarantees can be made for scheduling request
- **MANDATORY** - Teams **MUST** have matching colored jerseys with #s (Jerseys are NOT provided by GoodSports)

**GOODSPORTS INK OFFERS GREAT DEALS ON T-SHIRTS & TEAM UNIFORMS ASK FOR STEVE TUNIS!**

### 1ST PLACE TEAMS

Trophy & \$200 certificate for next season

### 2ND PLACE TEAMS

Trophy & \$100 certificate for next season



## MEN'S ROLLER HOCKEY LEAGUES

### "TUESDAY" OPEN 4V4

#### DATES:

Fall: Starts September 6th  
Winter I: Starts November 22nd  
Winter II: Starts February 7th  
Spring: Starts April 17th \*

TIMES: 7:00pm - 11:00pm

DAY: Tuesdays

(with overflow on Mondays)

### "FRIDAY" OPEN 5V5

#### DATES:

Fall: Starts September 9th  
Winter I: Starts December 2nd  
Winter II: Starts February 10th  
Spring: Starts April 20th \*

TIMES: 7:00pm-11:00pm

DAY: Fridays (with overflow

Saturday)

**LEAGUE FEES:** \$1,195 per team  
+ \$25 Ref Fee cash each game

\* Spring will be a mini season prices & dates T.B.A.

**FULL PAYMENT IS REQUIRED BY WEEK #2. NO Exceptions**

Credit card **WILL** be charged if the payment is not made before 3<sup>rd</sup> game.  
(Non-Refundable \$200 Deposit & Credit Card # on File Required)



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# ROLLER HOCKEY LEAGUE

REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.  
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## **MEN'S OVER 30 ROLLER HOCKEY LEAGUES**

### ***WEDNESDAY OVER 30 LEAGUE PLAYS 5V5***

**DATES:** Fall: Starts September 7th  
Winter I: Starts November 23rd  
Winter II: Starts February 8th  
Spring: Starts April 18th

**TIMES:** 7:00 PM - 11:00 PM

**DAY:** Wednesdays  
*with overflow Monday 8:00-11:00pm*

**FEE:** \$1,195  
+ \$25 Ref Fee cash each game



**FULL PAYMENT IS REQUIRED BY WEEK #2. NO EXCEPTIONS**  
**Credit card WILL be charged if payment is not made before 3rd game.**  
(Non-Refundable \$200 Deposit & Credit Card # on File Required)



# ROLLER HOCKEY LEAGUE

REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.  
732-681-8898      www.goodsportsusa.com

## MENS ROLLER HOCKEY DRAFT LEAGUES

### ★ DRAFT FORMAT ★

All players will be evaluated & broken up into balanced teams. Teams will be formed by league director to ensure competitive games. Evaluations will be held on week #1.

### HIGHLIGHTS

- 4v4
- Played on regulation size indoor climate controlled rink
- Stats kept for all players
- Team standings weekly
- Guaranteed 10 games
- State-of-the-art matéflex flooring
- FREE team shirts provided by the league

**FEE:** \$125 per player + ref fee (T.B.D.)

### MENS OPEN LEAGUE

**DATES:**

Fall: Starts September 10th

Winter: Starts December 3rd

Spring: Starts March 3rd

**TIMES:** 4:00pm - 7:00pm

**DAY:** Saturdays

### MENS OVER 30 LEAGUE

**DATES:**

Fall: Starts October 16th

Winter: Starts January 15th

Spring: Starts April 1st

**TIMES:** 7:00pm-11:00pm

**DAY:** Sundays



# FLAG FOOTBALL LEAGUES

**REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.**  
732-681-8898    [www.goodsportsusa.com](http://www.goodsportsusa.com)

## **LEAGUE HIGHLIGHTS:**

- Teams play 8v8 on bubble field
- Games are 47 minutes
- All teams guaranteed 10 games
- All teams must wear matching colored shirts or they will not play!  
(shirts not provided)



**GOODSPORTS INK OFFERS GREAT DEALS ON T-SHIRTS & TEAM UNIFORMS CALL 732-681-8898 ASK FOR STEVE TUNIS!**

## **1ST PLACE TEAMS**

**Trophy and a \$200 certificate for the following season**

## **2ND PLACE TEAMS**

**\$100 certificate for the following season**

## **MEN'S FLAG FOOTBALL LEAGUE**

*"In the Bubble"*

### **DATES:**

**Fall:** Mondays - Starts September 12th

**Winter:** Monday - Starts November 28th

**Spring:** "Mondays" - Starts March 5th

**Spring:** "Sundays" - Starts March 11th

**DAY/TIME:** 6:30pm-11:30pm

**AGES:** 18 and older

### **FEE:**

Fall \$1,295.00 per team +\$25 Ref Fee (cash each game)

Winter \$1,495 per team +\$25 Ref Fee (cash each game)

Spring \$1,395 per team +\$25 Ref Fee (cash each game)

## **HIGH SCHOOL FLAG FOOTBALL LEAGUE**

*"On the New Indoor Turf Field"*

**DATES:** Starts March 22nd

**DAY:** Thursdays

**TIME:** 5:00 PM - 7:00 PM

**AGES:** Players MUST be in high school

**FEE:** \$1,295.00 per team +\$25 Ref Fee cash each game

**NEW  
LEAGUE**

# YOUTH FOOTBALL ACADEMY

REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.  
732-681-8898 www.goodsportsusa.com



## **ACADEMY HIGHLIGHTS:**

- On our beautiful indoor turf field
- Climate Controlled Facility
- Bring your own football - size appropriate to the level you play  
(Put your name on your football)
- Players must wear athletic attire, cleats preferred or sneakers

## **WARM UP SPEED & AGILITY: Key 2 Sports Training**

### **DIRECTOR:** Coach Fred Sprengel

- 21 years experience at both the High School and Collegiate levels
- A high School Head Coach for 11 years
- 6 state playoff appearances & Three trips to the finals
- 2003 Central Jersey Group IV State Champions at Brick Memorial
- Works year round with several local youth and H.S.I QB's on individual skills

**DATES:** 8 WEEK ACADEMY \*No Session 4/10 (Easter Break)  
3/20, 3/27, 4/3, 4/17, 4/24, 5/1, 5/8, 5/15

**DAY/TIME:** Tuesday Evenings

### **TIME:**

6:00 - 7:15 Quarterback Academy

7:15 - 8:30 Quarterback/Receiver Academy

### **AGES:**

3rd - 7th grade - Quarterback

8th - 12th grade - H.S. Quarterback/Receiver

**FEE:** \$250 per player for each camp

\* **EARLY BIRD DISCOUNT**

**\$25 OFF register & pay in full by 3/1**



## **QUARTERBACK FUNDAMENTAL ACADEMY**

### **"Skills Training for the Youth Quarterback"**

- Learn, practice, develop fundamentals and skills by repetition and drills

## **QUARTERBACK / RECEIVER FUNDAMENTAL ACADEMY**

### **"Skills Training for High School Quarterbacks and Receivers"**

## **STRONGLY SUGGESTED TO REGISTER AS A PAIR**

- QB & Rec. learn, practice & develop fundamentals and skills
- Players need to register as a pair – QB & Rec.
- Designed to build a sense of chemistry as teammates
- Instruction will be given both individually & as a tandem

### **LIMITED ENROLLMENT - SIGN UP TODAY!**

Quarterbacks: available to the first (32) registered.

Quarterback/Receiver: available to the first (16) registered per position.

Only paid registration will secure your spot.

# **PRO-PLAYER BASEBALL CAMP**

REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.

732-681-8898    www.goodsportsusa.com

## **THE NORTHEAST'S TOP RANKED BASEBALL PROGRAM** **SPRING TRAINING** **"LEARN FROM THE PROS!"**



### **STAFF:**

**Director** John Wells, Baseball U  
Staff includes current and former  
MLB organizational players,  
MLB Scouts & College Coaches

### **CAMP HIGHLIGHTS:**

- Training prepares each player for upcoming tryouts
- Improve defensive baseball skills
- Players will progress each week
- We use the same drills given to college and pro players
- Players are trained from the ground up
- Program has been proven at the high school level

**FEE:** \$295 per player

**DATES:** (\*No Session 2/5 - Super Bowl)

1/8, 1/15, 1/22, 1/29, 2/12, 2/19, 2/26, 3/4



## **LITTLE LEAGUE TRAINING**

**DAY/TIME:** Sunday • 5:30 PM - 7:00 PM

**AGES:** 7 to 11 years old / 1st - 5th grade

## **MIDDLE SCHOOL TRAINING**

**DAY/TIME:** Sunday • 7:00 PM - 8:00 PM

**AGES:** 12 to 14 years old / 6th - 8th grade

# BaseballU



**FOR MORE DETAILED STAFF & CAMP INFO VISIT:**  
**www. BaseballU.net**

# VOLLEYBALL LEAGUES

**REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.**  
732-681-8898    [www.goodsportsusa.com](http://www.goodsportsusa.com)

## **HIGH SCHOOL VOLLEYBALL LEAGUE**

**DATES:** Fall: Starts September 15th  
Winter: Starts December 1st  
Spring: Starts February 16th

**DAY/TIME:** Thursdays • 4:00 PM to 6:00 PM

**AGES:** 9th to 12th grade - **BOYS & GIRLS**

**FEE:** \$595 per team + \$10 ref fee per game  
\$100 per player for Independents  
*\*Multiple team discount - take \$100 off each additional team  
if your high school puts in more than one team in any season*



## **ADULT VOLLEYBALL LEAGUE**

**REC 6'S - POWER 6'S - POWER 4'S**

**DATES:** Fall: Starts September 15th  
Winter: Starts December 1st  
Spring: Starts February 16th

**DAY/TIME:** Thursdays • 6:30 PM to 10:30 PM

**AGES:** Adults - Men & Women

**FEE:** \$595 per league - 6's League + \$10 Ref Fee per game  
\$495 per league - Power 4's League + \$10 Ref Fee per game  
\$100 per player - Independent's Fee + \$10 Ref Fee per team

## **VOLLEYBALL TOURNAMENTS**

For more information contact Steve Tunis 732-681-8898  
or check us out on the web [www.goodsportsusa.com](http://www.goodsportsusa.com)

**DATES:** Fall: Boys High School & Adult Tournaments  
Spring: Girls High School & Adult Tournaments

**DAY/TIME & FEES:** T.B.A. - CALL FOR DETAILS!

**High School:** JV & Varsity divisions in all tournaments

**Adult:** Mens power 4's & 6's, Women's power 6's, Co-ed Rec 6's

# VOLLEYBALL CLINIC

**REGISTRATION: BY PHONE OR DOWNLOAD FORMS ONLINE.**  
732-681-8898    www.goodsportsusa.com

## **BOYS & GIRLS YOUTH CLINIC**

### **CLINIC HIGHLIGHTS:**

- 3 beautiful courts on matéflex flooring
- Top of the line AAI net systems
- 50ft. ceilings - no overhangs
- 20ft. parameters between courts
- Warm up areas
- Professionally run & organized
- Learn the real and correct fundamentals
- Offensive & defensive team & player movement...
- Passing • Setting • Hitting • Blocking • Body Torque
- Two step • PHTD • Footwork & more...



**DATES:** 8 WEEKS • *\*No Sessions 12/25 or 1/1*

Fall: 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13

Winter: 12/4, 12/11, 12/18, 1/8, 1/15, 1/22, 1/29, 2/5

Spring: 2/12, 2/19, 2/26, 3/4, 3/11, 3/18, 3/25, 4/1

**DAY/TIME:** Sundays • 3:30pm to 5:00pm

**AGES:** 5th to 8th Grade & 9th to 12th Grade - **BOYS & GIRLS**  
Players split by age and separated on different courts  
**All Levels Welcome!**

**FEE:** \$150 per player per session - 8 weeks

**\*Sign up for all 3 sessions at registration & get \$50 OFF\***  
**(\$400 instead of \$450)**

### **CLINIC DIRECTOR:**

**Russ Lukas & Spike Sport Volleyball**

- The very best in progressive West Coast Volleyball techniques
- Follows the Pat Powers 'Olympic Gold Method'

**INTERESTED IN PLAYING  
ON A VOLLEYBALL CLUB TEAM?  
CALL RUSS LUKAS  
732-462-0190**

**For club details, practices, tournaments, games, etc.**

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- ☆ Entertain employees & clients in a healthy way
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- ☆ Corporate Outings
- ☆ Youth Groups
- ☆ Sports Teams
- ☆ Birthday Parties
- ☆ Pool Parties
- ☆ Recreational Activities
- ☆ Bar & Bat Mitzvah

... and more!!!



**FOR SCHEDULING & PRICING  
CALL 732-681-8898**





# KEY<sup>2</sup>

sports training

ATHLETE TRAINING • PERSONAL TRAINING

## SPEED & AGILITY CLASSES

Monday-Thursday  
Saturday

5:00pm-6:00pm  
9:00am

## STRENGTH & CONDITIONING CLASSES

Monday-Thursday  
Class 1  
Class 2

6:00pm - 7:30pm  
7:00pm - 9:00pm

Friday

4:00pm - 5:30pm

Saturday Strong

10:00am - 11:30am



[key2sportsperformance@gmail.com](mailto:key2sportsperformance@gmail.com)



KEY-2-SPORTS-FITNESS



Kaibird91/Key 2 Sports Training



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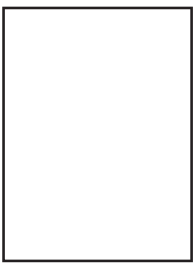
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